

Party-Time Pasta

Rating: ★★☆☆

Cook time: 30 minutes

Makes: 6 servings

Ingredients

1/2 pound turkey, lean ground
1 teaspoon paprika
1 can tomatoes, crushed (14 1/2 ounces)
1 can chicken broth, reduced sodium (14 1/2 ounces)
2 cups pasta, bow-tie, uncooked
3 cups frozen vegetables such as carrots, broccoli and cauliflower, thawed
Tasty Topping:
1/2 cup parsley (chopped fresh or dried)
1/4 cup bread crumbs, seasoned, dry
1/4 cup Parmesan cheese (grated)

Directions

1. Heat a large nonstick pan over medium heat. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink, about 5 minutes.
2. Stir in tomatoes, chicken broth and pasta. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10-15 minutes.
3. Remove lid. Place vegetables on top of pasta. Replace lid. Cook until vegetables are tender, about 5 minutes.
4. Prepare the Tasty Topping. Mix parsley, bread crumbs and Parmesan cheese. Sprinkle over vegetables in skillet. Cover and let sit for 3 minutes before serving.

California Department of Health Services, Kids...Get Cooking!California Children's 5-a-Day Power Play Campaign

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220	
Total Fat	6 g	9%
Protein	14 g	
Carbohydrates	27 g	9%
Dietary Fiber	4 g	16%
Saturated Fat	2 g	10%
Sodium	330 mg	14%